

ATR-I: Recovery Support Services
PROVIDER STANDARDS FACT SHEET
Staffed Safe and Sober Housing--Adult

Adult Safe and Sober Housing programs provide a safe, clean and sober environment for adults with substance use disorders who are transitioning back into the community.

Staffed Safe and Sober Housing Described

Staffed Safe and Sober Housing Facilities may include either or both of the following:

1. Transitional living that provides interim supports and services for persons who are at risk of institutional placement, persons transitioning from institutional settings, or persons who are homeless. Transitional living is typically provided for 3-6 months and can be offered in congregate settings that may be larger than residences typically found in the community.
2. Long-term housing that provides stable, supported community living or assists the client in obtaining and maintaining safe, affordable, accessible, and stable housing.

Statutes regulating transitional housing can be found at 42 U.S. Code 11384 (b) and implemented at 24 CFR 583. Statutes for Safe and Sober Housing can be found in the federal Anti-Drug Abuse Act of 1988.

Capabilities

Safe and Sober Housing programs will be expected to provide the following services and perform the following tasks:

1. Assure housing meets local occupancy and safety requirements (such as fire inspection or home inspection)
2. Have systems in place to monitor client compliance with house rules.
3. Have a system for the on-call availability of designated personnel 24 hours a day, 7 days a week.
4. In congregate housing, have provisions to address the need for: smoking or nonsmoking areas, quiet areas, areas for visits.
5. Based on the choice of the clients have opportunities for the clients to access: community activities, social activities, recreational activities, spiritual activities, necessary transportation, and self-help groups.
6. Have procedures in place to assist clients transitioning to other housing and to assist them in securing housing that is: safe, affordable, accessible, and acceptable.
7. Accommodate diverse populations. The Fair Housing Act prohibits discrimination in housing because of race, color, national origin, sex or familial status (families with children), or handicap.

Applicable Standards

At a minimum, transitional housing programs must include the required amenities:

1. **Habitability Standards**

a. **Structure and Materials**

Required: The structure must be structurally sound so as to not pose any threat to the health and safety of the occupants and so as to protect the residents from the elements.

Recommended:

- 1) Common space large enough for house members to hold housing meetings or to provide alcohol and drug free recreational opportunities with others in recovery.
- 2) Laundry facilities for residents.
- 3) Individual storage for each resident's personal effects.

b. **Access**

Required: The housing must be accessible and capable of being utilized without unauthorized use of other private properties. Structures must provide alternative means of egress in case of fire.

c. **Space and Security**

Required: Each resident must be afforded adequate space and security for themselves and their belongings. Each resident must be provided with an acceptable place to sleep. In facilities within single family dwellings, there shall be no more than three persons per sleeping area. The sleeping area must comfortably accommodate at least a twin bed and dresser for each resident. The sleeping area must have a window that may be opened.

Due to the dynamics of relationships for persons with substance use disorders, facilities must provide areas that are separated by gender.

d. **Internal Air Quality**

Required: Every room or living space must be provided with natural or mechanical ventilation. Structure must be free of pollution in the air at levels that threaten the health of residents.

e. **Water Supply**

Required: The water supply must be free from contamination.

f. **Sanitary Facilities**

Required: Residents must have access to sufficient sanitary facilities that are in proper operating condition, may be used in privacy and are adequate for personal cleanliness and the disposal of human waste. Each unit shall include at least one bathroom for every 4 residents. The bathroom must be available for the exclusive use of the occupants of the unit. The bathroom must be a separate room with

- 1) a flush toilet in operating condition,
- 2) a fixed basin with a sink trap,
- 3) hot and cold water in operating condition,
- 4) a shower or tub in operating condition,
- 5) connections to an approved disposal system,
- 6) privacy, and
- 7) a window that opens (if a window is present) or an exhaust vent system (if no window present).

g. Thermal Environment

Required: The housing must have adequate heating or cooling facilities or both in proper operating condition.

h. Illumination and electricity

Required: The housing must have adequate natural or artificial illumination to permit normal indoor activities and to support the health and safety of residents. Sufficient electrical sources must be provided to permit the use of essential electrical appliances while assuring safety from fire.

Living Room/Sleeping Area: requires two (2) outlets OR one (1) outlet and one (1) permanently installed lighting fixture.

Kitchen: requires one (1) outlet and one (1) permanently installed lighting fixture.

Bathroom: requires one (1) permanent lighting fixture.

i. Food preparation and refuse disposal.

Required: Each facility must either provide meals OR provide a meal preparation facility for residents. All food preparation areas must contain suitable space and equipment to store, prepare, and serve food in a sanitary manner. The common kitchen area must include

- 1) access to refrigeration for perishable food,
- 2) access to a stove and oven to prepare meals,
- 3) access to facilities to clean dishes and work space,
- 4) food storage space if residents are to provide their own food or participate in the food stamp program.
- 5) a dishwasher to clean utensils and dishes to ensure the health and safety of residents.

j. **Sanitary Conditions**

Required: The housing and equipment must be maintained in sanitary condition.

k. **Fire Safety**

Required: Each unit must include at least one battery operated or hardwired smoke detector, in proper working condition, on each occupied level of the unit. Smoke detectors must be located, to the extent possible, in a hallway adjacent to a bedroom. If hearing-impaired persons occupy the unit, smoke detector must have an alarm system designed for hearing-impaired persons in each bedroom occupied by a hearing-impaired person.

The public areas of all housing must be equipped with a sufficient number, but not less than one for each area, of battery operated or hardwired smoke detectors. Public areas include, but are not limited to laundry rooms, community rooms, hallways, stairwells and other common areas.

2. Ongoing Assessment of Supportive Services

The housing provider must conduct an ongoing assessment of the supportive services required by the residents of the project and the availability of such services, and make adjustments as appropriate. Supportive services include, but are not limited to transportation, child care, random UA's and case management. The supportive services must assist individual's sobriety and recovery and movement into permanent housing. At a minimum these services must include case management services that collaborate with other services and treatment providers in the community to enhance the individual's movement toward self-sufficiency.

3. Residential Supervision

a. **Transitional Housing Model**

Housing providers must provide residential supervision as necessary to facilitate the adequate provision of supportive services to the residents of staffed safe and sober housing. Residential supervision may include the employment of a full or part time on-site residential manager with sufficient knowledge of substance use disorders for persons who require additional structure or are relapse prone.

b. **Clean and Sober Housing Model (modified Oxford House)**

Residential supervision may include the employment of a housing coordinator who supports housing that is democratically run by the residents on a day to day basis by attending weekly house meetings, collecting rents, selecting tenants, conducting random UA's and conducting monthly house inspections and is on call to respond to emergency situations.

4. Termination of Housing

The housing provider may terminate the tenancy of a participant who violates program requirements. Housing providers shall only terminate tenancy in the most severe cases.

a. The following situations may result in termination of tenancy:

- 1) The individual used alcohol or used illicit drugs or took prescription drugs inappropriately or not prescribed to him or her.
- 2) Individual fails to pay his or her rent as stated in the contract.
- 3) The individual engages in any disruptive behavior or violent behavior. Disruptive behavior is any behavior deemed by the residents to be detrimental to the serenity and recovery of any resident. These acts include threats, physical violence or intimidation of any manner, or both.

b. In terminating the tenancy the housing provider must provide a formal written process that recognizes the rights of the individual to due process of law. This process must at a minimum consist of:

- 1) Written notice to the participant containing a clear statement of the reasons for termination.
- 2) A house meeting of all residents will be called in which the offense is presented by the house manager. The participant is given the opportunity to present oral objections before the members of the house. If appropriate, the house members then vote as to whether or not the individual is expelled.
- 3) The house manager will document in the client's file reasons for termination and any actions resulting from the house meeting.

Physical Inspection

The physical inspection will include a review of client rooms or units, all common areas, grounds, building interiors and exteriors, and all adjoining facilities. The facility will be inspected to determine if hazards or potential safety issues exist.

Resident Selection Policy

ATR strongly suggests facilities establish a written Resident Selection Policy that clearly states how potential clients will be selected. Further, the policy should address specific priorities for client selection, such as recently released prisoners, single mothers, etc.